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SUBJ/PUBLIC AFFAIRS-NAVAL SERVICE MEDICAL NEWS (NSMN) (94-05)//
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RMKS/1. THIS SERVICE IS FOR GENERAL DISTRIBUTION OF
INFORMATION AND NEWS OF INTEREST TO NAVY AND MARINE CORPS
MEMBERS, CIVILIAN EMPLOYEES, DEPENDENTS, AND RETIRED
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ADDRESSEES IS ENCOURAGED. THIS MESSAGE HAS BEEN COORDINATED
WITH THE COMMANDANT OF THE MARINE CORPS (CMC). THE COMMANDANT
HAS AUTHORIZED TRANSMISSION TO MARINE CORPS ACTIVITIES.

2. RESPECTFULLY REQUEST FLEET COMMANDERS READD TO SHIPS AND
OTHER SUBORDINATES WITH MEDICAL PERSONNEL, AS OPERATIONAL
CONDITIONS PERMIT.

3. HEADLINES AND GENERAL INTEREST STORIES THIS WEEK:
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(940027)-TWO HONORED FOR SAVING LIFE OF OVERDOSE VICTIM
(940028)-NAVY MEDICAL RESEARCH INVESTIGATORS WIN WEINSTEIN AWARD
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(940031)-NEW DOD DISNEY WORLD VACATION CENTER OPENED 1 FEBRUARY
(940032)-HEALTHWATCH: HOW YOU CAN REDUCE BODY FAT
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(940034)-NAVY AUDIOLOGIST SELECTED TO MAA COUNCIL (PARA 4)
(940035)-NAVY LEAGUE SEA-AIR-SPACE EXPOSITION (PARA 4)
(940036)-ANSO TAKES NEW DIRECTION, SEEKS MORE MEMBERS (PARA 4)

HEADLINE: PRK Procedure Still a Disqualifier for Service
BUMED Washington (NSMN) -- The February issue of All Hands
includes an article about Naval Medical Center San Diego's work
in photorefractive keratectomy (PRK). The medical center is
participating in an FDA-approved 2-year study of the overall
effectiveness of this experimental laser procedure in correcting
myopia (nearsightedness).

One of the outcomes of the study might be to remove the
procedure from the list of "disqualifiers" for accession into
military service. Currently, you cannot enter the military if
you have had photorefractive keratectomy or, in fact, any type of
refractive surgery.

Although some civilian studies of PRK are also being
undertaken with volunteers from the general public, active duty

personnel are discouraged from participating in studies outside of the NMC San Diego program, which is the only military medical treatment facility participating in the nationwide study. Additionally, regulations specific to your rate or designator -- such as within the diving and aerospace communities -- may prohibit refractive surgery.

Ophthalmologist LCDR Steve Schallhorn is the principle investigator for the study at NMC San Diego. He recommended that active duty Navy and Marine Corps personnel who are nearsighted, and who have problems with their glasses or contacts such that they are considering refractive surgery, write him a letter, addressed: LCDR Steve Schallhorn, MC, USN, Department of Ophthalmology, Naval Medical Center, San Diego, CA 92134-5000. Include your name, rate/rank, time in service, a description of your job and the type of on-the-job problems you are having with your glasses or contact lenses. Schallhorn said that this type of fleet response will help the Navy assess the need, value and demand for photorefractive keratectomy among Navy and Marine Corps members.

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HEADLINE: Two Honored for Saving Life of Overdose Victim

NAVHOSP Cherry Point, NC (NSMN) -- It may be unusual to hear a retired Marine say something nice about the Navy, but Bill Culler has nothing but praise for two female corpsmen honored 24 January for saving the life of his teenage son.

Hospitalman Apprentices Michelle Benson and Jennifer L. Martin of Naval Hospital Cherry Point were each awarded the Navy Achievement Medal for their heroics of 16 June, when they gave emergency medical treatment to 16-year-old Brian Culler after he accidentally overdosed on prescription medication.

Benson, 21, and Martin, 19, were quick to deflect praise from themselves, but the commander of the hospital was equally quick to speak up for them.

"What they did, quite frankly, showed a maturity that their rank doesn't show," CAPT V. Paul Haws Jr. said after the ceremony. "They're a credit to their families, a credit to the hospital corps and, for that matter, to their entire generation."

Sixteen June started innocently enough for Benson and Martin.

They were on liberty in Havelock, visiting Nails Plus beauty shop, when owner Dee Culler got a call from her husband saying that their son was seriously ill.

Bill Culler, a retired Marine Corps major, had left work early that day and found son Brian unconscious in a bedroom in the family's home. Culler called 911, then telephoned his wife.

Benson and Martin, who didn't know Dee Culler at the time, volunteered to drive her to her house.

"I think we were a little afraid once we got in the car, but then we started recalling corps school," Benson said.

When they arrived, they saw Brian Culler lying on the floor motionless, the apparent victim of an accidental overdose.

"I saw that he was breathing, though, and I said, 'Please don't stop,'" Martin recalled.

While waiting 22 minutes for an ambulance to arrive, Benson and Martin monitored Culler's vital signs and made sure his breathing passages were clear.

They also identified the medication he had taken -- reportedly an anti-depressant -- and how much he had taken. Benson and Martin were also credited with assisting emergency personnel when they arrived and emotionally shoring up the Cullers during the ordeal.

"When I have the opportunity to give an award, I feel particularly honored if I'm giving it to someone who has performed a life-saving event like these two heroes have," said BGen Fred McCorkle, USMC, commander of Cherry Point Marine Corps Air Station.

Bill Culler said his son, now 17, would have attended Monday's ceremony except for the fact that he is recovering from another mishap -- he recently fell off a building while doing construction work and broke both ankles.

"If he were here, I think he'd be pretty grateful to these two ladies," Bill Culler said.

Culler and his wife exchanged hugs with Benson and Martin after the corpsmen received their medals, thanking them again for their bravery and grace under pressure.

Haws said he has written letters of commendation to their families -- to Benson's in Humble, Texas, and to Martin's in Fort Madison, Iowa.

"We're all very, very proud of you," Haws told them. "Well done."

Story by Barry Bridges, reprinted with permission from the Sun Journal (New Bern, NC), 25 January 1994

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HEADLINE: Navy Medical Research Investigators Win Weinstein Award

NMRDC Bethesda, MD (NSMN) -- The annual Louis Weinstein Award, given for the best clinical article published in Clinical Infectious Diseases (CID), was jointly awarded to CAPT Edward C. Oldfield III, MC, Naval Medical San Diego; Guenael R. Rodier, MD, DTM, Naval Medical Research Unit No. 3, Cairo, Egypt; and CDR Gregory C. Gray, MC, Naval Health Research Center San Diego.

CID is the clinical journal of the Infectious Diseases Society of America. The award is selected through a rigorous peer-review process by the editorial board of CID.

The Navy medical research team's award-winning paper, "The Endemic Infectious Diseases of Somalia," focused on the communicable diseases common to Somalia and noted the importance of the development of sophisticated diagnostic laboratories in the Somali region. These facilities, staffed by Army and Navy medical personnel, are key to disease identification, control and prevention.

Written to coincide with the United Nations relief effort, Operation Restore Hope, the article provided much-needed information on conditions in the area. With nearly 26,000 troops deployed, Operation Restore Hope is considered the largest military humanitarian relief effort conducted in recent history. Story by Michelle Stoia, Naval Health Research Center San Diego

Reprinted from the December 1993 Outlook, published by the Naval Medical Research and Development Command (NMRDC)

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HEADLINE: USNH Rota Corpsmen are Athletes of the Year

USNAVACT Spain (NSMN) -- The 1993 Athletes of the Year for U.S. Naval Activities, Spain, have quite a lot in common -- they are both hospital corpsmen who work in emergency medicine and participate on the space shuttle team. They both play outstanding softball, and they both worked all year toward the goal of Athlete of the Year.

HM2 David Williams, 28, and HM3 Rhonda Hofacer, 30, reached that goal 14 January when CAPT Richard G. Simms, commander, U.S. Naval Activities, Spain, recognized the Athletes of the Year at a gathering at Champions Sports Club. They received medals, plaques and \$25 gift certificates. After the ceremony, Williams and Hofacer were surrounded by well-wishers.

Williams, who also won the award in 1991, said he had it in sight last year too. He fell short then, but came out on top this year. He was a member and captain of the base championship softball team. He led the league with more than 60 home runs and was selected to attend All Navy Softball Camp for the second consecutive year. He was also one of three Navy members selected to play on the All Armed Forces Team, which plays against the Class A Majors of softball.

"I was on the All Armed Forces Team this year, and I think that put me over the top," Williams said. His other sports include volleyball, football, basketball, baseball, golf and water polo. He serves as U.S. Naval Hospital Rota's command sports representative.

Hofacer, who hobbled up to the podium to receive her award, was recently injured playing basketball. The torn ligaments in her knee have put her on the sidelines for the next nine months, but that can't take the shine off the year she had leading up to her award. "I worked all year for this," she said after the presentation.

Hofacer was selected for the COMFAIRMED women's softball team, which won first place, and she was selected to the All Tournament Team, with a batting average of .697 and 21 RBIs.

In addition, Hofacer was a member of the All Navy Basketball Team and attended basketball camp in San Antonio last winter. During the tournament, her scoring average was six points and five assists per game. She was selected by the players and coaches as the best defensive player.

Besides softball and basketball, Hofacer participated in the AT&T Sports Challenge Volleyball and bowled on the hospital Bowling Team with an average of 141.

Story by Marie Sullivan Force, MWR Staff Writer

Reprinted from the Rota Coastline, 21 January 1994

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HEADLINE: Good News You Can Use -- IG Praises Program

BUMED Washington (NSMN) -- The Navy Medical Inspector General was impressed during a recent inspection with a machine

that the Pharmacy Department of the Naval Medical Clinic Annapolis, MD, procured with funds derived from the third party collection process.

The machine is called Healthtouch. With the touch of a button, a patient or staff member can select one of hundreds of up-to-date leaflets on a variety of medicine and health-related topics. One of the ones the Inspector General selected at random was called "Cancer News Briefs." On this one page leaflet were current items on topics like "Young People with Cancer" and a 1-800 number to call if you need more information in this area.

The machine was purchased with funds derived from the good work of many NMCL Annapolis staff personnel in the third party collection process.

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HEADLINE: New DOD Disney World Vacation Center Opened 1 February
AFIS Washington (NSMN) -- Service members and their families have a vacation treat no one ever thought possible -- an armed forces recreation center on the grounds of Walt Disney World in Orlando, FL, which began service 1 February.

The Army, DOD's executive agency for the Armed Forces Recreation Center program, garnered a 100-year lease for the Disney Inn. The hotel's new name is Shades of Green on Walt Disney World Resort. It is the first armed forces recreation center in the continental United States; others are in Germany, Korea and Hawaii.

No taxpayer dollars are involved in this project. "This is a good way to reinvest service members' money. Profits from nonappropriated fund activities -- post exchanges, officers' and enlisted and NCO clubs, recreational machines and other sources -- go into this," said Keith Craig, who oversees the centers.

Nightly room rates are on a sliding scale based on rank. "We're focusing on junior enlisted service members because there is a direct link between morale, welfare and recreation and readiness," Craig said. "And they're the ones who might not be able to afford a quality vacation.

"Of course, this is a bargain for everybody," he continued. The rate for junior enlisted service members -- E-1 through E-5 -- is \$49 per room per night. That's for up to two adults and three children with no added cost for cots and cribs. The rate for E-6s, E-7s, O-1s, O-2s and warrant officer 1 is \$73. O-3s through O-5s, chief warrant officers, E-8s and E-9s pay \$85; O-6s and above, \$92.

That's compared to Disney's nightly rates, which run from \$140 to \$195, Craig noted. "In addition, we'll be offering discounted admission tickets, which are 8 to 23 percent off the regular price," he said. "We computed the cost of a four-night stay and four days' admission to Disney World attractions, and the savings to junior enlisted people with a spouse and two children is 55 percent for the whole package."

First priority goes to active duty and retired military personnel, their dependents and immediate family members, Craig said. Ready and Selected Reserve component personnel, their family members and those retired without pay and their family

members are also eligible. DOD civilian employees can stay on a space-available basis.

The hotel's quality is at least first class or better, Craig said. The three-story hotel features 288 spacious 300- to 450-square-foot rooms outfitted with two queen beds, a convertible couch and crib.

Other features include two heated swimming pools, two lighted tennis courts, a children's pool and play area, health and fitness center, two restaurants, a snack shop and cocktail lounge, gift shop and arcade and an in-house laundry. The hotel is adjacent to two golf courses.

Craig said another big money-saving plus is the hotel is close to the Disney monorail system, shuttle buses and boat transportation. "Guests can park their cars -- free of charge -- and never have to touch them until they're ready to leave town," Craig said.

Establishing an armed forces recreation center in Florida is part of DOD's post-Cold War plan to base more service members stateside, Craig said. Having a center at Walt Disney World is based on responses to a market survey of more than 7,000 active duty and retired military personnel.

Advertising for a hotel to lease in Orlando newspapers resulted in 40 proposals, but "we were completely surprised when Disney made an offer," Craig said.

Disney World spokeswoman Michelle Fisher said the company offered the hotel "because it gives us a chance to get into a completely different market. We have a very positive standing relationship with the military. And we're happy to welcome members of the armed services and their families to Disney World.

This is an overall good business decision for all parties involved, and we're excited about it."

Service members can make reservations at (407) 824-3600 or fax requests to (407) 824-3665. Overseas members can write to: Shades of Green on Walt Disney World Resort, P.O. Box 22789, Lake Buena Vista, FL 32830.

Story by Rudi Williams, American Forces Information Service

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HEADLINE: HEALTHWATCH: How You Can Reduce Body Fat

BUPERS Washington (NSMN) -- The most effective method of shedding body fat is inexpensive and can be relatively painless. Again and again, health magazines and personal experiences of members on weight control programs demonstrate that eating low-fat foods and exercising takes fat off and keeps it off.

The key to eating low-fat foods is starting with plenty of fruits and vegetables -- at least five servings each day. Limit total fat, including the fat in meat and snacks, to 60 grams or less each day. Navy Forms and Publications has a new handout that helps you figure out the amount of fat in your food. Titled "Fat and Cholesterol Content of Foods, it is available through the Navy supply system (SSN 0506-LP-542-8900).

Spacing your meals throughout the day helps too. Skipping breakfast and lunch and cramming all your food into one evening

meal sends a metabolic message that food supplies are scarce and unpredictable. Your body interprets this message to mean that energy should be conserved and body fat stores should be protected.

At least four times a week, do 45 minutes of low-intensity exercise that includes some strength-building activities. The duration is a key factor. It takes at least 25-30 minutes of activity before you start burning fat for fuel; before that, you burn sugar stored in the muscle. If you can't do 45 minutes in one session, chop it up into three or four short sessions, such as quick walks and trips up stairs, each day. You can still get good results, but not as quickly as with 45 minutes of continuous activity.

Story by Navy dietician LCDR Faythe Weber, MSC, Bureau of Naval Personnel (PERS 601)

EDITORS NOTE: March is National Nutrition Month. The continuing theme is "Eat Right America," but this year the emphasis is on reducing dietary fat and increasing fiber in the form of fruits, vegetables and whole grains.

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HEADLINE: HIV and You

BUMED Washington (NSMN) -- Currently the Navy has trained more than 675 Navy HIV prevention instructors. These individuals have successfully completed a four-day Navy/American Red Cross training program. These courses are offered frequently throughout our Navy/Marine Corps community. Attendance is voluntary, and the cost of the course is \$60. There are five coordinating sites -- two on the East Coast, two on the West Coast and one in the Pacific.

Anyone wishing to attend, military or civilian, should call the Navy HIV Program Office at (301) 295-0048 or DSN 295-0048 to find out when a class will be held in your area.

Becoming an HIV prevention instructor carries responsibility. Values, attitudes and beliefs strongly affect how people think about themselves and their social worlds. These patterns of thinking are part of culture and do not change easily. They color how people receive and respond to information. This is true in HIV/AIDS education.

It is impossible to talk about HIV infection without including highly charged topics that touch important values, attitudes and beliefs. These topics include sex and sexuality, drugs and drug use, and death and dying. As you cover facts related to these sensitive topics, keep in mind that you are sharing information you have with others. It is important to see yourself as a valuable resource in spreading the facts and understanding about HIV infection in your community. As with information about HIV infection, you are responsible for limiting what you say about these sensitive topics to what you are sure of. Don't be afraid to say that you don't know something. Be ready, though, to suggest ways your audience can find the answer.

To become an effective instructor, you must examine your own values, attitudes and beliefs about these sensitive topics. You have the opportunity to do this by reading material and

participating during your training in psychosocial exercises on values, attitudes and beliefs; sex and sexuality; and drugs and dependency. Overall, the training exercises and class discussions received during training will help you understand the powerful effect that values, attitudes and beliefs have on HIV/AIDS education.

The above information was extracted from the Navy/American Red Cross Instructor Manual. To become an instructor or for more information, call the Navy HIV Program Office at the number listed earlier.

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4. Professional Notes: Information on upcoming symposiums, conferences or courses of interest to Navy Medical Department personnel and wrap-ups on ones attended. Anyone with information to share in this section should contact the editor (see the last paragraph of this message on ways to do so).

Scheduled Meetings:

-- 25 February - 4 March 1994, 35th Navy Occupational Health and Preventive Medicine Workshop. For information, contact CAPT Richard L. Buck, (804) 444-7575, extension 451.

-- 27 February - 2 March 1994, The Third National Symposium on Biosafety, Atlanta, GA. Sponsored by Centers for Disease Control and Prevention, American Biological Safety Association and American Industrial Hygiene Association. For information call (404) 633-6869 or 1-800-772-8232.

-- 29-31 March 1994, Sea-Air-Space Exposition, Sheraton Washington Hotel, Washington, DC. For information, contact Pamela Broberg, Navy League of the United States, (703) 528-1775 (also see article on the Exposition, this issue).

-- 9-16 July 1994, The Third National Kaiser Permanente Internal Medicine Conference, Ritz Carlton Hotel, Kapalua, Maui, HI. For information, contact Eric Tepper, MD, Internal Medicine, The Permanente Medical Group, 3400 Delta Fair Blvd., Antioch, CA 94509; (510) 779-5211.

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HEADLINE: Navy Audiologist Selected to MAA Council

NAVHOSP Bremerton, WA (NSMN) -- LT Leslie Sims, MSC, was recently selected as the Navy representative to the Executive Council of the Military Audiology Association (MAA). She is currently stationed at the Puget Sound Naval Shipyard in Bremerton where she is the head of the Audiology Division.

Sims was selected for this prestigious position from among all Navy audiologists. As the only Navy member on the council, she will participate with representatives from the Army, Air Force and U.S. Public Health Service in advancing the profession of audiology and promoting health care.

The Military Audiology Association works toward protecting and maintaining hearing sensitivity programs for those exposed to hazardous levels of noise. The association has been in existence for 26 years and has increased its membership to include more than 200 Army, Navy, Air Force and U.S. Public Health Service uniformed and civilian audiologists.

Story by ENS Kendra Scroggs, MSC, USNR, Naval Hospital Bremerton
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HEADLINE: Navy League Sea-Air-Space Exposition

NLUS/CNO Washington (NSMN) -- The Navy League of the United States will be presenting its annual Sea-Air-Space Exposition at the Sheraton Washington Hotel, Washington, DC, 29-31 March 1994. With the theme "Sea-Air-Space 1994: Meeting the Challenge of Change," the three-day event will feature approximately 150 exhibits of defense-related technology, educational seminars and special programs. The Sea-Air-Space Exposition is the largest maritime exposition in the world, with attendance last year of more than 10,000 people.

The Exposition is open to all Department of Defense personnel and presents a unique opportunity to review the latest advances in platforms, weapons systems and supporting technologies that are necessary to maintain a strong maritime capability.

"We are in the midst of unprecedented changes in the size and shape of our services," said Navy League National President Evan Baker. "However, our defense industry has proved that it is up to the challenge and is already meeting the new and changing needs of the Navy, Marine Corps, Coast Guard and merchant marine.

We invite all members of our defense team, including active, reserve, and civilian members of the U.S. military; Allied forces; and Navy League members to attend this most impressive expo and see first-hand how the innovative technology of America's defense industry is 'meeting the challenge of change.'"

The Assistant Secretary of Defense for Public Affairs finds this event meets the standards for participation by DOD personnel under DODInst 5410.20 and DOD Standards of Conduct Directive 5500.7. Navy active duty, reserve and civilian personnel are encouraged to avail themselves of the opportunity to attend the Exposition. Standards of Conduct guidelines, including restrictions on acceptance of gratuities from defense contractors, are applicable to all aspects of the Exposition and related activities.

The Navy League is a civilian patriotic organization dedicated to educating the American people about the need for a strong maritime defense and supporting our sea services.

For more information, look for distributed posters and flyers or contact the Navy League at (703) 528-1775.

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HEADLINE: ANSO Takes New Direction, Seeks More Members

BUMED Washington (NSMN) -- The Association of Naval Services Inc. (ANSO), founded in 1981 by Reserve and active duty sea services Hispanic officers, grew out of the concerns of Hispanic officers regarding the small number of Hispanics applying for the various officer programs.

ANSO's mission is to assist the sea services in attracting Hispanic candidates for their various officer programs and to serve as role models to Hispanic youth, through the following

strategies:

- Sponsoring local, regional and national conferences with Hispanic leaders, educators, counselors and other centers of influence.

- Devoting one day of the annual national conference to high school and college students; taking them on educational visits to naval facilities and informing them of the various opportunities available to them in the sea services; and, most importantly, giving Hispanic youngsters the opportunity to talk with young Hispanic officers who would serve as their role models.

- Participating in local and regional radio and television Hispanic programs.

- Assisting and participating in Hispanic education orientation visits.

- Referring Hispanic youths to recruiting officials, and assisting recruiters in identifying and penetrating the Hispanic market.

ANSO is taking a new direction, attracting younger active duty officer members and expanding its mission, to include monitoring professional development and retention of its active duty members. This will improve the quality of life of those already on board and will motivate others to join.

The best tool in recruiting Hispanics is the success of another young front-runner Hispanic naval officer. ANSO will find these individuals and encourage them to actively seek out highly competitive applicants. For more information, contact PH1 V. Cooper in the Bureau of Medicine and Surgery's Equal Opportunity Office.

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5. Month of February observations and events occurring 16-25 FEB: FEBRUARY

Black History Month -- "Empowering Afro-American
Organizations: Present and Future"

American Heart Month

National Children's Dental Health Month

13-19 February: Cardiovascular & Pulmonary Technology Week

14-20 February: National Condom Week

21 February: Holiday -- Presidents Day

23 February 1795: Navy Supply Corps established

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6. ADDRESSEES ARE ENCOURAGED TO SUBMIT INFORMATION AND NEWS ITEMS OF MEDICAL DEPARTMENT OR BENEFICIARY INTEREST (IN STORY FORMAT) BY TELEPHONE, FAX OR E-MAIL TO BUMED, ATTN: EDITOR, NAVAL SERVICE MEDICAL NEWS (MED 00P2). TELEPHONE (202) 653-1315; DSN 294-1315. FAX (202) 653-0086; DSN 294-0086. E-MAIL NMC0ENL@BUMED10.MED.NAVY.MIL.

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